

Susan J. Graham

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EDUCATION/CERTIFICATION:

- Michigan State University- B.A. Advertising (Department of Communications)
- Laser Focused Life Coaching – 60 credit hours of ICF training
(working toward International Coach Federation-(ICF) life coaching certification)

EMPLOYMENT:

Sole proprietor

Jan. 2016 - present

OWNER OF ACHIEVE LIFE BALANCE, LLC (LLC formed in Jan. 2016)

- Life coaching, goal setting, parenting skills
- Provide court-ordered (10-hour) parenting workshops related to custody cases
- Areas of concentration
 - assisting stay-at-home moms returning to work
 - stress management
 - career/family balance
 - parenting skills and techniques
 - problem-solving techniques
 - self-confidence/empowerment/overcoming roadblocks
 - personal responsibility vs. victim mentality
 - helping women build, market and network as freelancers, contractors and small business owners
 - overcoming life transitions
- Parenting Instructor (Workshops are based on reliable and verifiable techniques from Dr. John Gottman, Dr. Robert Epstein, Dr. James Dobson, Love & Logic, PET and STEP parenting, Breakthrough Parenting and others)
 - Top 10 Most Influential/Essential Parenting Goals
 - Helping parents recognize, understand and implement the 10 most influential parenting skills that increase children's long-term success, happiness, personal connections and more. (Love & Affection, Stress Management, Co-Parenting, Life Lessons, Autonomy & Independence, Behavior Management, Spiritual/Morality, Education, Safety, Healthy Living)
 - Learning the 4 Parenting Styles
 - Understanding the parenting styles, how they impact children, recognizing your parenting style, understanding the co-parent's style, implementing techniques of authoritative parenting
 - Dangers of authoritarian, permissive, neglectful parenting (or any combination)
 - Taking charge by implementing the 6-C Method (Collaborative discussions, Clear and appropriate Rules/Expectations/Responsibilities, Consistent responses, Committed to following-through, Creative problem solving, Caring home and unconditional love)
 - No Yelling Parenting
 - Based on authoritative principals
 - Why yelling, nagging, bribing is ineffective
 - 6-C Method (Collaborative, Clear, Consistent, Committed, Creative, Caring)
 - Modeling behavior
 - Understanding how children learn
 - Personal Stress Management
 - Understanding how stress impacts you, your family and your children for life
 - Recognize stressors, triggers, visceral signs of stress
 - Reduce stressors through change/Take responsibility for stress management

- Practice stress release techniques/teach children to manage stress
- Creating a list of resources to assist you during stressful moments
- Top 10 Most Influential/Essential Parenting PLUS:
 - Helping parents recognize, understand and implement the 10 most influential parenting skills that increase children’s long-term success, happiness, personal connections and more with emphasis on:
 - Love & affection (unconditional, safety, respect)
 - Understanding effects of stress/personal stress management/impact of stress
 - Dangerous parenting styles (authoritarian, permissive, neglectful)
 - Authoritative parenting (6-C method)
 - Modeling behavior/values
 - How children learn

Freelance writer/published author

- Current creator, designer and author of business website: www.achievelifebalance.org. Recent articles include:
 - *Why Crying is Essential for Children (tears release stress hormones)*
 - *4 Parenting Styles*
 - *Give Up the Guilt (There’s no value to parenting guilt)*
 - *10 Immediate Stress Busters*
- Prior owner/author of “Mom Needs A Life” blog
 - aimed at middle-aged moms
 - encouraged moms to maintain or regain their own personal identity while parenting
 - helped moms through parenting/life transitions
 - parenting tips/humor/personal stories
 - articles/links aimed at issues relevant to moms in the mid-life parenting stage
- Author of a hobby price-guide published by Hobby House Press
- Author of hundreds of articles, including features published in these national parenting publications:
 - *Pregnancy Magazine*
 - *Pregnancy & Newborn*
 - *Family Fun*

Title 1 Parent Involvement Coordinator

Sept 2014-present

OXBOW ELEMENTARY (HURON VALLEY SCHOOLS), White Lake, MI

- Promote parental involvement through direct contact with parents/students
- Educate parents on the significance of parental involvement in relation to educational success
- Coordinate all Title 1 Parent Involvement grant activities (Science Night, Technology Events, Math Curriculum, Reading/Writing Month and others)
- Coordinate teachers, vendors, caterers, speakers and volunteers for Title 1 Events
- Help parents become more involved in activities, connect them to local resources